

VitalMeals Week 27

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Spinach Salad (with goat cheese and walnuts)

Servings: 4



Chicken Enchiladas

16 net carbs/ serving (yields 6 servings)

1	rotisserie chicken	1	can	cream of chicken soup
8	ounces shredded Cheddar cheese	24	wraps	low carb tortillas
16	ounces			sour cream



- 1 Preheat oven to 350
- 2 Shred chicken
- 3 Mix all ingredients together in large bowl
- 4 Spoon mix evenly into wraps and roll (you should be able to get 20-24 tortillas out of the mix)
- 5 Place wraps in 13 x 9 serving dish
- 6 Bake 25-30 mins at 350. For the last 5 mins, sprinkle cheese on top & cook until bubbly
- 7 Feel free to freeze left overs & reheat (or freeze before cooking to pull out on a busy night)

Degree of Difficulty

Degree of Difficulty: Very easy

Oven Temperature: 350°F

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 25 minutes

Recipe Type: Main Dish

Chicken Bacon Fry

6 net carbs per serving (yields 4 servings)

4 oz	bacon, chopped	2	cooked chicken breasts, diced
1	onion chopped		
2	leeks, chopped	1/2 cup	white wine
1 package	mushrooms, halved	14 oz	unsweetened coconut milk
1	red bell pepper, diced		



- 1 In a skillet over medium high heat, add bacon and cook until crispy. Once cooked, remove & set aside.
- 2 Add onion and leeks to skillet and cook for about 3-4 minutes. Then add chicken, mushrooms, red bell pepper, and the cooked bacon. Cook for 5 minutes.
- 3 Add white wine until reduced. Then add coconut milk.
- 4 Season with salt and pepper as needed. Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes

String Beans with Shallots

4.5 net carbs per serving (6 servings in entire recipe)

- | | | | |
|--------|---|-----|------------------------------|
| 1 lb | french string beans
(haricots verts), remove
ends | 3 | large shallots (diced large) |
| | | 1/2 | tsp pepper |
| 2 Tbsp | unsalted butter | 1 | pinch kosher salt |
| 1 Tbsp | olive oil | | |



- 1 Blanch string beans in a large pot of boiling salted water for 1.5 mins only
- 2 Drain immediately and immerse in a bowl of ice water.
- 3 Heat the butter and oil in a very large sauté pan or large pot and sauté the shallots on medium heat for 5-10 mins, tossing occasionally, until lightly browned.
- 4 Drain the string beans and add to the shallots with 1/2 tsp salt and pepper. Toss well.
- 5 Heat only until beans are hot.
- 6 Blanch beans for about 3 mins until they are crisp and tender.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Garlic Alfredo and Zucchini Pasta

7 net carbs per serving (yields 4 servings)

6	zucchini (spiralized using spiralizer)	1	tsp	sea salt
		1	Tbsp	tahini
3/4 cup	cashews	1/2	tsp	grated nutmeg
3/4 cup	water	3	cups	arugula
2	cloves			garlic
1/3 cup	fresh squeezed lemon juice			



- 1 Soak cashews in water for 1-2 hours prior to making recipe to soften.
- 2 Using spiralizer, spiralize zucchini into "pasta noodle" strips. Reserve zucchini scraps.
- 3 Drain water from nut mixture, rinse nuts, and put in blender with zucchini scraps above.
- 4 Add 3/4 cup water, garlic, lemon juice, salt, tahini, and nutmeg & blend on high until sauce becomes creamy.
- 5 Pour sauce over zucchini noodles. Mix in arugula right before serving.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Inactive Time: 2 hours

Thai Chicken Salad

12 net carbs per serving (yields 8 servings)

	CHICKEN MARINADE:	5	green onion chopped
1/2 cup	olive oil	1/2 bunch	cilantro, chopped
2 Tbsp	rice vinegar	1 cup	salted peanuts
2 Tbsp	truvia		DRESSING:
1 clove	garlic, minced	1/4 cup	rice vinegar
1/2 bunch	cilantro, chopped	1/4 cup	thai sweet red chili sauce
1	lime, juiced	1 tsp	sesame oil
4	boneless and skinless chicken breasts	1/2 tsp	truvia
	SALAD:		salt and black pepper to taste
2	hearts of romaine, chopped		PEANUT SAUCE:
1/2 large	head napa cabbage, chopped	1/4 cup	natural peanut butter
		2 Tbsp	soy sauce
1	cucumber peeled, seeded and cut into 1/4-inch cubes	1 Tbsp	rice vinegar
		1 Tbsp	thai sweet red chili sauce
2	carrots, shredded	2 Tbsp	water
1	red bell pepper, chopped		



- 1 Place all ingredients for chicken marinade in a ziplock bag and let chicken marinade over night or for at least 30 mins-1 hour for maximum flavor.
- 2 Cook the chicken on a hot grill for about 8 minutes per side or on 350 for about 40 minutes.
- 3 Allow it to cool & then chop into cubes.
- 4 While chicken cooks, combine all ingredients for salad in a large bowl.
- 5 Then combine all ingredients for dressing in a smaller bowl & pour over the salad. Toss well.
- 6 Once chicken is cooked and cut, place in salad.
- 7 Finally, mix all ingredients for peanut sauce in another small bowl and drizzle over the top of the salad. Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Inactive Time: 1 hour

Grilled Shrimp

2.5 net carbs per serving (yields 6 servings)

3	cloves	garlic, minced	1/2	tsp	salt
1/3	cup	olive oil	1/4	tsp	cayenne pepper
1/4	cup	tomato sauce	2	lbs	fresh shrimp, peeled and deveined
2	Tbsp	red wine vinegar			skewers soaked in water
2	Tbsp	chopped fresh basil			



- 1 Mix garlic, olive oil, tomato sauce and red wine vinegar in a bowl then add basil, salt, and cayenne.
- 2 Add shrimp to bowl and stir until evenly coated.
- 3 Cover and let sit in refrigerator for about 30 minutes.
- 4 Heat grill to medium heat, place shrimp on skewers and cook on oiled grill for about 2-3 minutes per side.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 6 minutes

Inactive Time: 30 minutes

Eggplant Stir Fry

6 net carbs per serving (yields 4 servings)

- | | | | |
|--------|--------------------------|--------|--------------------------------|
| 2 Tbsp | olive oil | 1 pint | grape tomatoes |
| 1 | japanese eggplant, cubed | | salt and black pepper to taste |
| 3 | garlic cloves, smashed | | |



- 1 Heat olive oil in a skillet over medium-high heat. Add eggplant and garlic cloves. Stir fry for about 5 minutes.
- 2 Then add grape tomatoes and cook another 5 minutes until softened.
- 3 Season with salt and pepper.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Crockpot Jambalaya

6 net carbs per serving (yields 8 servings)

2 cups	chopped kielbasa sausage, cooked	1/2 tsp	Tabasco sauce
		1 Tbsp	cumin
1 cup	chopped celery	1/2 tsp	salt
1 cup	chopped green bell peppers	1/4 tsp	pepper
1 cup	white onion	1 lb	peeled and deveined shrimp
1 28 oz can	diced tomatoes	2 cups	cauliflower
2 cloves	minced garlic		



- 1 Place all ingredients except the shrimp and cauliflower in the crock pot and mix well.
- 2 Cook on low for about 6 hours.
- 3 About 30 minutes before serving, grate the cauliflower into small rice-like pieces and add the "cauliflower rice" and shrimp to the mixture.
- 4 Enjoy! Should be plenty left over for tomorrow!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 6 hours

Gazpacho

(yields 4 servings)

4 large	tomatoes, cut into chunks	1 tsp	sherry vinegar
1	cucumber, peeled and chopped	1 tsp	red wine vinegar
1	bell pepper, chopped	4 Tbsp	olive oil
2 clove	garlic, grated		salt and pepper to taste



- 1 Puree tomato in food processor until smooth and then add the rest of ingredients. Pulse until smooth, soup-like texture.
- 2 Chill soup in refrigerator for 20-30 minutes before serving.
- 3 This is great topped with shredded cheese and a drizzle of olive oil.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Spinach Salad (with goat cheese and walnuts)

4 net carbs per serving (yields 4 servings)

- | | | | | | |
|-----|------|--|-----|-----|--|
| 1 | Tbsp | red wine vinegar | 1/2 | cup | whole or chopped toasted walnuts |
| 1 | Tbsp | red onion | | | |
| 2 | tsp | dijon-style mustard | 1/3 | cup | crumbled goat cheese (sub bleu cheese or feta depending on what you like!) |
| 1/4 | tsp | kosher salt | | | |
| | | pepper | | | |
| 8 | cups | baby spinach- washed dried and stems removed | | | |



- 1 In a small bowl, combine vinegar, onion, mustard, salt and pepper. Gradually whisk in oil to make a creamy dressing.
- 2 Put all but a large handful of spinach in a large bowl and toss with more dressing.
- 3 Add remaining spinach and toss until well coated.
- 4 Serve immediately topped with walnuts and cheese

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes